

Soul Purpose Life

Journaling Guide

Navigate your life with confidence



Soul Purpose Journaling Guide

Journaling is one of the essential Soul Purpose Navigator's tools, a tool we can use to process our emotions, tap into our intuition and help us navigate our way through life's twists and turns. Much like exercise, eating habits or yoga, the impact and quality of the results aren't so much about what happens *each* day but the transformation & clarity that happens over time from implementing a consistent, daily habit (#lifestyle).

It's a shift from 'trying' and 'hoping' that things will be 'magically solved' with a quick solution to trusting and putting in the effort to allow an adjusted daily 'lifestyle' to bring about the desired changes over time.

Regardless of whether you're an avid journaler or you've never journaled a day in your life, journaling begins with the same *foundational* steps. Where you take it from there is entirely up to your unique perspective, needs and style!

This guide will take you through:

- How to Begin
- Styles of Journaling
- Soul Purpose Journaling
- My Simple 5 Step Daily Process

PLUS, at the very end of this guide, you'll find a template that you can simply print off and fill in each day (if you so desire!). Happy Journaling, Soul Purpose Navigator!!

With Love & Gratitude,

Jackie

How to Begin:

- **Read through this guide and familiarize yourself with the basics of journaling.** Once you're familiar with journaling, you'll be ready to Get Started (p. 10) and begin using my Simple 5 Step Process (p. 8) using the included template (p. 11) or your own journal.
- **There isn't a right or wrong with journaling** – as with everything, I'll offer you some guidelines to start the process off; however, I fully expect and anticipate that as you become comfortable with the process, you'll put your own spin on it and 'tweak & adjust' to support who YOU are.
- **The key to success is to COMMIT to making your journaling a consistent, daily practice.** It does not matter what style you use, whether you journal for 5 min or 30 min, what matters is that you spend time in self reflection *consistently*. It's the consistency that brings moments of recognition around our patterns & habits and ultimately results in transformation and growth!

Soul Purpose Life Journaling

Over the years, I've used a variety of journaling methods from guided journals (Kate Hanley's Year of Gratitude), to journaling processes (Createbook Process; Success Journaling; Desire Mapping) to freestyle journaling whatever thoughts and emotions came up for me.

Each style and process holds their own benefits and shortfalls; however, I have come to realize that it's not just about one process - there's not a right or a wrong - I value and appreciate snippets of each process I've used! Each process is meant to bring about a specific result or intention.

So, naturally, I've developed my own style of journaling to match & support my deep feeling, empath, intuitive nature...and bring about the results I crave.

7 Soul Purpose Navigator Cravings

1. Positive, growth mindset
2. Celebration of wins
3. Acknowledgment of desires for change
4. Recognition of where to let go (#chokehold) or ask for support (#receive)
5. Space to allow intuition to 'simmer', develop and become clear
6. Space to process, heal & release our emotions
7. Guided process but with space for growth, change and expansion of our needs & mindset

My 5-Step Soul Purpose Journaling Process has grown, morphed and changed over the past 5 years to meet my needs as a highly sensitive (empathic) woman who loves positivity, growth and intuition.

My intention is that this process will support you to be ever-present and aware in your life, to begin purposely navigating life's twists & turns and to feel empowered and self supported on your soul journey. We never need to feel 'alone', we are always supported and loved (although it IS nice to find a community of women to share this experience with 😊).

~ Jackie

Styles of Journaling

Before we get into the Soul Purpose Journaling Process, we need to explore and get clear on what *style* of journaling will naturally support and light YOU up!

There's absolutely no point in even starting if you're going to feel #shutdown by 'bullet' journaling...our desire and intention here is to create self awareness around your natural inclinations - to identify a style that will have you #litup and looking forward to your journaling each and every day!

There are sooo many styles of journaling - the key here is to find a style that naturally lights you up and makes it *effortless* for you to journal. (If you hate unstructured, it's probably going to stump you for hours trying to just think of 'how' to organize your thoughts in a logical way...)

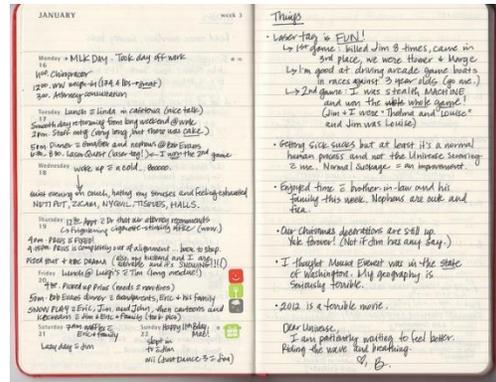
Insight: Ladies, use your intuition here! As you read through & look at the pictures of each style, observe the physical, emotional & mental reactions that you have. Don't allow yourself to #overthink it (ego). Just simply go with the style that *feels* like YOU!

3 Styles of Journaling (Suggestions...)

1. Bullet Journaling

- For the A-type personality
- Organized, structured, logical
- Headings, sub-headings and bullet points

5 Week Mini-Mentorship in Journaling with Jackie Harray



2. Doodle/Art Journaling

- For the Creative personality
- Creative, free flow and in-formal
- Colorful combination of pictures & words that tends to tell a story



3. Smoke Journaling

- For the Secretive type person who craves privacy
- Get it down on paper/out of your head & then get rid of it!
- Scrap piece of paper + jot down thoughts + burn it to release it

5 Week Mini-Mentorship in Journaling with Jackie Harray



My Simple 5 Step Process

STEP 1: Be Grateful

Gratitude is the foundation for a positive, healthy mindset. When we start our day by focusing on the positive, we naturally shift our mind & thoughts to begin finding & focusing on the positive in any situation. It does not matter how small or seemingly insignificant – force yourself to ‘find’ 3 things to be grateful for each day!

- **Acknowledge 3 things you're grateful for**
 1. What about the weather can you be grateful for (even if it's a seemingly crappy day out?!)
 2. What event/blessing are you looking forward to that you're already grateful for?
 3. What about your life (good sleep, support from a friend, money at just the right time) can you be thankful for?

STEP 2: Celebrate

We are often so focused on the past or the future – what's next?! – that we forget to celebrate all of the little things that are going well for us on a daily basis.

In acknowledging these daily, we begin to recognize just how good life is (and in acknowledging what we enjoy & appreciate, it's like giving the Universe the ‘thumbs up’ to bring us more of it!).

- **Celebrate the things that went well yesterday**
 1. From the smallest thing (I went for my walk – tidied my kitchen – meditated) to the bigger things (got that job – organized our activities beautifully – won that contract!)...celebrate them!

STEP 3: Acknowledge

Key distinction – there's a difference between ‘wallowing’ in what's going wrong/not according to plan and recognizing what could be going better. We wind up either afraid to acknowledge our challenges/fears/pains OR we drown ourselves in focusing constantly on what our problems and struggles are (wallowing, worry, anxiety, mindchatter).

It IS crucial to acknowledge what could have went better so we let the Universe know *clearly* what needs to change!

- **Acknowledge the things that could've went better yesterday**
 1. Did you skip out on your daily routine (walk/meditate) and find yourself scattered for the rest of the day? Did you blow up at your spouse/children for something minor and feel guilty about it all day. Our negative patterns aren't wrong...they're in our life for a reason.

By acknowledging them daily we bring #awareness to our habits...and awareness is the key to change!

STEP 4: Surrender

Ohhh yesss...surrender. Ladies, as a 'recovering' A-type control freak (sheepish smile), we all need to know that we f\$ck everything up that our Angels, Guides, God/Universe/Creator are trying to create for us when we won't...let...go.

Know this: we control in order to create our desired outcome (and to prevent re-experiencing pain & struggle from our past). The problem is, our view is like looking through a pin-hole at one detail of our life vs seeing with both eyes a broad view of our soul over many lifetimes.

We DO NOT know or see the big picture. God/Creator/Universe does! Let go and allow your experiences to carry you through life (even when you're certain they aren't leading anywhere good!).

➤ Surrender Control and Ask for Assistance

1. Where do you have a #deathgrip on life, a situation or another person? Where are you trying to control the outcome or how others will perceive you?
2. What are you judging as wrong, bad or negative?
3. Ask: "What would it take for me to let go of control of this situation and trust in the highest outcome for all?" and/or "What am I refusing to acknowledge, accept, let go of, surrender to, embrace or receive?" (Choose a question to ask and write it in your journal)

STEP 5: Explore

Our intuition is our ever-present guide (even if we're unaware of it). We do not have to earn the right to it (or be 'gifted' in order to have it!). Intuition is an innate ability that is ever-present...if we're not currently recognizing it, we simply need to cultivate/learn the ability to do so.

One way to tap into it, to begin recognizing it and putting the 'pieces' together is to jot down, keep track of & explore moments of insight, awareness or synchronicity so you can review your notes for patterns over the coming days, weeks & months.

➤ Explore your insights

1. What words/phrases/conversations keep coming up in your day?
2. What animals/bugs/signs/symbols are in your day that either aren't usually there or have been constantly in your awareness?
3. What synchronicities are happening (found just the right book/group/class in the perfect timing, received a much-needed phone call/text of support)

Tips & Tricks

- **You cannot journal 'wrong'...however, you can empower your journaling by knowing where to focus your attention.** This process is simply about giving you the tools, clarity & focus to begin journaling in a way that will support you to become aware of, to process and to tap into the wisdom of what is going on in your life.
- **Journaling isn't so much about 'recording your life', rather, it's about self reflection & growth.** Take the time to train yourself to self reflect & become curious and you'll become increasingly aware of what you need & want in life and what to change to bring that about!
- **To begin, don't worry so much about doing it right, just do it.** Focus on consistently dedicating 5 - 15min each day to follow this process. Initially, our goal is to create a habit (not so much about the discoveries).
- **If you feel 'bored' with your page, consider adding some design details** (if you're the creative type!). There is no right/wrong when it comes to the style - it's more about your personal needs and style (doodler vs structure orientated).

Let's Get Started!!

We begin by taking the tiniest step forward. Choose a method of journaling, a style of journaling and identify a time of day that you will commit to journaling and begin!

My Chosen Method of Journaling:

(circle one below)

- Journal (Book)
- Loose Paper
- Voice Recording

Chosen Time of Day:

(write in what time you will journal at)

___:___ am/pm

My Chosen Style of Journaling:

(circle one below)

- Bullet Journaling
- Art/Doodle Journaling
- Smoke Journaling

Daily Soul Purpose Journaling Template

STEP 1: GRATITUDE

1. ...
2. ...
3. ...

STEP 2: CELEBRATE (what are your wins?)

1. ...
2. ...
3. ...

STEP 3: ACKNOWLEDGE (what could've went better?)

1. ...
2. ...
3. ...

STEP 4: SURRENDER

My question for today:

STEP 5: EXPLORE

Words/phrases/conversations:

Animals/bugs/signs/symbols:

Synchronicities: